



NARRATIVE REVIEW ON LIVED EXPERIENCE OF PRIMI MOTHER'S REGARDING BREASTFEEDING

Mrs. Rinku Rani¹ | Mrs. Hemalatha Prabhu² | Dr. Nageshwar V²

¹ M.sc. Nursing, Teerthanker Mahaveer College of Nursing, TMU Moradabad, U.P.

² Assistant Professor, Teerthanker Mahaveer College of Nursing, TMU Moradabad, U.P.

ABSTRACT

Background: Breast feeding is the feeding of babies with milk from a women's breast. It provides the best health benefits, when started immediately after the birth and exclusive breast feeding should be continued for the first six months of life and later to be continued until two years of babies' life. Deaths of an estimated 8, 20,000 children under the age of five could be prevented globally every year with increased breast feeding. **Objectives:** The main objectives of this review was to describe the lived experiences of primi mother's, regarding breast feeding. **Methods:** In this review, keywords were searched in data base, Delnet, PubMed and online journals by using the key words of breast feeding, primi mothers, babies, infants, lived experience and qualitative research. Total 25 articles were selected according to eligibility criteria and 19 articles were rejected because they did not match the eligibility criteria. All the studies were ethically approved. **Results:** Primi mothers have positive experience towards breast feeding. Results found that bottle-feeding is very time consuming, it need boiling-cleaning and it has no benefit. It is also very expensive. Breastfeed babies are more attached to their mothers. **Conclusion:** This study identifies that breast feeding is a very important part for babies' growth and development. It is the most convenient feeding method. This review shows that most primi mothers choose breast feeding amongst all other feeding methods. These studies motivate primi mothers to give breast feed to their babies.

KEY WORDS: Breast feeding, primi mothers, babies, infants, lived experience, feeding methods.

1. INTRODUCTION

Breastfeeding is natural and the most valuable gift to the new born. Health members suggest that breastfeeding should be initiated with the first hours of babies' birth. Breastfeeding is primary nutrition of the infant and it prevents infant morbidity and mortality. It provides all health benefits, when started immediately after the baby's birth and is continued.

Globally, more than 10 million children are dying before their 5th birthday due to preventable cause and malnutrition, which is associated with over half of all child death. Breastfeeding saves more than 2.5 lakhs babies in India that is equivalent to 22 percent of deaths among neonates.

Breastfeeding creates emotional bonding between mother and baby. Breast milk promotes child development including physical, cognitive, psychosocial and emotional development. August 1 to 7 is world breast feeding week and the president has declared August as breast feeding awareness month. Supplemented breast feeding should be continued for two years.

Breastfeeding raises the level of oxytocin that results in minor post-partum bleeding and rapid uterine involution. Lactating mothers smoothly return to pre-pregnant state and post-partum with reduction in hip circumference. It decreases the risk of breast cancer. Some primi mothers said that breastfeeding is important because it promotes bonding between the mother and the baby and that is how the baby takes the character of the mother. Some primi mothers shared feeling of pressure, guilt and blame regarding their breastfeeding experiences and reported conflicting advice and varying level of support from hospital members, friends and family. Some mothers had stopped breastfeeding up to six months.

The need of this review is to identify the lived experience of primi mothers regarding breast feeding. Breast milk promotes sensory, immunological psychological and physical development. It protects the infant against infectious diseases such as diarrhea, respiratory tract infections, otitis media, bacteremia, bacterial meningitis, urinary tract infections, chronic diseases and childhood leukemia among babies. Maximum number of child deaths occurs within first month and first year of life and it is the most crucial period for the children. It can be safeguarded by initiating proper infant feeding practices along with adequate support.

AIM: To describe the lived experiences among first mothers towards breast feeding

OBJECTIVES: To describe primi mother's experience of breast feeding.

2 MATERIAL AND METHODS:

2.1 Search strategy methods:

The reviews focused on period 2011-2016 because most of the study was done in between these years. More than 25 review of literature is available. Six articles were included in this review because of their eligibility. A literature review was completed in which search was done from PubMed, Google scholar, EBSCO,

Delnet etc. using key words such as lived experience, primi mothers, breastfeeding and qualitative research.

2.1.1. Types of Interventions:

- None.

2.1.2. Types of Studies:

- Qualitative study, phenomenological study, exploratory study, qualitative descriptive study design, prospective study and cluster randomized community based trial.

2.1.3. Types of Participants:

- Primi mothers with breast feeding were taken as the research population for the review. Multi para mothers were excluded. The age limits of the participants were 18 to 30 years.

2.1.4. Settings:

- Samples were taken from primi mothers experience with breastfeeding.

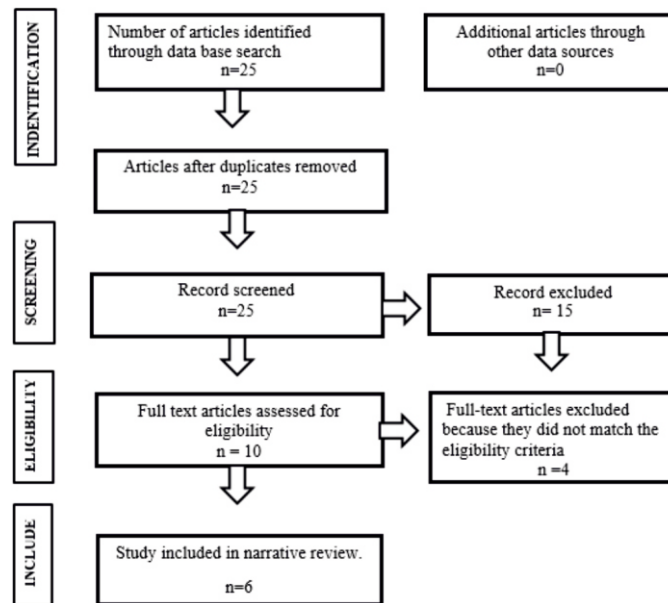
2.1.5. Delivery of Interventions:

This narrative review was intended to describe lived experience of primi mothers regarding breastfeeding. The initial workout started with the women's feelings and response towards their breastfeeding. A literature review was searched from the database such as Pub Med, EBSCO, BMC, Public Health and DELNET, using key words such as qualitative study, breastfeeding, primi mothers, infants and lived experience. These studies are focusing on 2011-2016. Total 25 articles were identified through the database and any additional articles were not identified through the other sources. Out of 25 articles only 15 articles were duplicates so they were removed. Total ten articles were there after removing the duplicates and these were screened. After screening of total ten articles, four articles were excluded. A total of ten articles were full text assessed for eligibility and four full text articles were excluded because they did not match with the study criteria. Therefore, a total number of six articles were included in qualitative synthesis.

All studies collected the data through the in-depth interview or semi-structured interviews. They used the open-ended questionnaire for face-to-face interviews with the use of an audio tape recorder. In the conducted the interviews, they signed the open-ended questionnaires. The duration of the interviews, was mostly 25 to 40 minutes for each member, in most of the study. The majority of studies conducting the interviews were done with the maintenance of confidentiality and privacy. Non probability purposive sampling techniques were used in most of the studies. After data collection, most of the studies data was analyzed by the thematic analysis. All the studies were ethically approved.

3. RESULTS:

3.1. FIG: 1: PRISMA CHART



3.2 Table 1: Data extraction table

Table 1:- “Summary of Study Characteristics on Lived Experiences of First Time Mothers Towards Breastfeeding”

S. No	Problem statement/ Author	Place of research and year	Variables	Tools	Time and duration	Outcomes	Remark
1.	A qualitative study lived experiences of first time mothers towards breastfeeding <i>Risenga PR and Lebeso TR</i> 2014	This study was conducted in Muyexe village in Mopane district Limpopo Province South Africa 2014	Lived experiences of first time mothers toward breast feeding	In depth interview which consisted open-ended questions.	Interviews lasted approximately 20 to 30 minutes	The findings of the study include three themes: Breastfeeding can be pleasurable as well as a thorn at the same time, essential attributes of the breastfeeding (like mothers lived experiences of emotional bonding with their babies) and mothers beliefs related to breastfeeding. (Cultural influences about breastfeeding).	The review was about experiences of first time mothers towards breastfeeding. It is regarded as the most convenient feeding for babies because it promotes growth and normal development of babies and protect against various infantile diseases. This research needs more clarity to explore the contributing factor concerning their belief about breastfeeding as a thorn.
2.	A qualitative study to evaluate first time mothers' experiences of breastfeeding in Singapore <i>Pey Jia choo and Kath Ryan</i> 2012	The study was conducted in Singapore 2016	First time mothers experiences of breast feeding	Semi-structured and in-depth interviews	Interviews conducted in 30 to 60 minutes	Results of the study include that primi mothers faced challenge (like inadequate self-support for the baby while breast feeding and sense of guilt), low degree of support for breast feeding in work place (like attitudes of superiors and colleagues), unease at breastfeeding in front of others, and emotional and psychological aspects of breast feeding.	This review has provided a better understanding of the breast feeding experience and various challenges faced during breastfeeding at work place. Inadequate support for baby while breastfeeding was found and there there was difficulty during initiating and sustaining breastfeeding for the first time mothers.
3.	A qualitative study to assess the experiences of women on initiating and maintaining breast feeding. <i>Zehra Shaheen Premani, Zohra Kurji and Yasmin Mithani</i>	Experience of women on reasons in initiating and maintaining breast feeding. 2009	Experience of women on initiating and maintaining breast feeding.	In depth interview	Interviews lasted approximately 45 minutes.	All participants already knew the advantages of breast feeding for the mother and the babies and the disadvantages of bottle feeding. Reason to maintain breastfeeding was due to the support of mother in law in their family.	This review found that all mothers think that those babies on bottle-feeding have low immunity power and they get easily affected by the disease. Family supports play a vital role for mothers to maintain breastfeeding for their babies
4.	A qualitative study to assess the breastfeeding experiences of first-time mothers <i>Hope Mei Hong Lee, et.al.</i> 2013	The study was conducted in Vienetiane, Lao PDR 2013	Breast feeding experiences of first time mothers	Semi-structured interview with open-ended questions.	30 to 60 minutes	Participants expressed positive views about breastfeeding and its importance. They were aware of the importance of early initiation of breastfeeding and the value of colostrum. Most of the mothers also reported that the midwives or sub staff had encouraged them for breastfeeding.	According to mother's beliefs- the first milk is important to provide immunity and nutritional support to the baby.

5.	First time mothers experiences of breastfeeding their newborn <i>Hanne Kronborg, et.al 2014</i>	Aarhus, Denmark 2014	Breastfeeding, postpartum period, mother child relationship, postnatal care, professional patient relations and communication	Self-administrated open-ended questionnaires	February to July 2004	The finding of the study were arranged into 3 themes: On shaky ground, characterized by breastfeeding interwoven with mothering, painful breastfeeding and conflicting advice, searching for a foothold characterized by reading the baby's cues, at ease with choice of feeding characterized by a thriving baby, trust in breastfeeding capability and approval of breastfeeding preference.	This review was about first time mother's experiences of breastfeeding, how breastfeeding is closely attached to mother and getting to know the baby, and how painful experiences in the beginning phase can be overwhelming. Mother's lack of confidence about milk production and conflicting advice from their neighboring should be addressed proactively by health personals to build up the mother's confidence in breastfeeding and be sensitive and responsive to the need of the new family.
6.	A qualitative study on UK Women's experiences of breastfeeding and additional breastfeeding support. <i>Rebekah Fox, et.al.</i>	The study was conducted in UK 2015	Women's experiences of breast feeding and additional breast feeding support	In-depth interview	The in-depth interview lasted for six to 52 minutes.	The outcome is presented in two main sections: Experiences of breast feeding and experiences of additional breastfeeding support. The Experiences of breastfeeding presented in four sub- themes like antenatal education, realistic experiences, postnatal care and support from friends and family. The experiences of additional breastfeeding support are presented in five sub-themes like seeking breastfeeding support, expert support, social support, breastfeeding role models and breastfeeding as a journey.	In this study two sections are there. 1) Primi mothers shared feeling of pressure, guilt and blame about her personal feeding experiences and they were receiving conflict advices and different level of support from health personals, friends and family. 2) Effective social supports and guidance from skilled practitioners could help women to overcome difficulties and find confidence in their own abilities to achieve their feeding goals.

3.3. Summary of findings:

The available literature was refined to get six qualitative articles- All the articles were supported regarding experiences of the mothers about breastfeeding. Following key factors were identified based on the mothers' experiences of breastfeeding. Knowledge of the mother, challenges faced by the mother after delivery, unease of breastfeeding in front of others, and feeling of happiness. Except in one review, where breast feeding is pleasurable as well as thorn at the same time.

4. DISCUSSION

This narrative review of the literatures observed the mother's experiences in two aspects. First aspect is the positive experience and the second aspect is the negative experience. Positive experiences include that most mothers had chosen breast feeding amongst all other feeding methods because it digests easily, cost effective, and bottle-feeding is very time consuming. Primi mothers said that breast feeding is very important because it promotes bonding between the mother and baby, which is how the baby takes the character of the mother. Most of the mothers told that the babies on bottle-feeding have low immunity power, hence are easily affected by the disease. Negative experiences includes mothers were struggling with breast feeding after delivery. Some mothers were in trouble because they got conflicting advices from friends and family members regarding breast feeding. They also experienced the challenges like tenderness, pain, milk oversupply, frequent spraying and leaking of milk from one or both breast and sometimes low milk supply.

Mothers experienced helplessness with inadequate support and felt frustrated when baby could not be latched on at home. They cry a lot because they could not latch properly and this cause panic in everybody. **Pey Jia choo 2016**

Mothers understanding towards the benefits of breast feeding act as a good part in breast feeding. The mothers knew the disadvantages and health hazards of bottle-feeding. It takes time to clean and prepare. It is also not cost effective. **(Zahra Shaheen Premani2011)**

4.1 Importance in education:

Based on all these studies included in this narrative review, it is clear that all primi mothers should understand the importance of breast-feeding.

Health care professionals should know the benefits, techniques, lactation management and understand the experiences and consequences faced by the primi mothers. Therefore, the topic of breast feeding can be included in the nursing curriculum. This will help the nursing students delivery and during immunization. They can promote breast feeding awareness by finding and sharing good

research. Healthcare professionals are pointed to effective communication as an aspect to remember during the therapeutic process after the birth of the baby. Therefore, they can conduct educational programs on breastfeeding and its benefits to create awareness among primi mothers.

4.2. Future significance:

The observations included in this narrative review prove that breast feeding will be helpful for future significance. Breast-feeding is a foundation for a healthy future, protecting and investing in the physical, mental and emotional development of all children. Breast-feeding is the key to that future. Promoting breast feeding is the simplest and wisest investment it must be protected and promoted through appropriate support by health systems and families. By doing so, breast feeding becomes easy, desirable, enjoyable and valued in society and only then will the conditions exist that make it simple for mothers to offer their infants the best foundation for a healthy future.

4.3. Limitations:

This study had certain limitations too. This literature review was limited to:

- The search that was carried out within a publication period of 2011–2016.
- The papers were in the English language only.
- Articles included were required to be free and in full text.

5. CONCLUSION:

By providing accurate information regarding breastfeeding we can improve the health of the baby. The effective social support combined with reassurance and guidance from skilled practitioners can help women to overcome difficulties and find confidence in their own abilities to achieve their feeding goals for the baby.

REFERENCES:

1. Earle, S. (2002). Factors affecting the initiation of breastfeeding: implications for breastfeeding promotion. *Health promotion international*, 17(3), 205-214.
2. Fox, R., McMullen, S., & Newburn, M. (2015). UK women's experiences of breast-feeding and additional breastfeeding support: a qualitative study of Baby Café services. *BMC pregnancy and childbirth*, 15(1), 147.
3. Jia Choo, P., & Ryan, K. (2016). A qualitative study exploring first time mothers' experiences of breastfeeding in Singapore. *Proceedings of Singapore Healthcare*, 25(1), 5-12.
4. Kronborg, H., Harder, I., & Hall, E. O. (2015). First time mothers' experiences of breastfeeding their newborn. *Sexual & Reproductive Healthcare*, 6(2), 82-87.
5. Lee, H. M. H., Durham, J., Booth, J., & Sychareun, V. (2013). A qualitative study on the

- breastfeeding experiences of first-time mothers in Vientiane, Lao PDR. BMC pregnancy and childbirth, 13(1), 223.
6. PR, R., TR, L.(2014). A qualitative study on Lived experiences of first time mothers towards breastfeeding at Muyexe village in Mopane District Limpopo Province. Journal of medicine and medical research, 2(4), 51-58.
 7. Smith, P. H., Coley, S. L., Labbok, M. H., Cupito, S., & Nwukah, E. (2012). Early breastfeeding experiences of adolescent mothers: a qualitative prospective study. International breastfeeding journal, 7(1), 13.
 8. Shaheen Premani, Z., Kurji, Z., & Mithani, Y. (2011). To explore the experiences of women on reasons in initiating and maintaining breastfeeding in urban area of Karachi, Pakistan: An exploratory study. ISRN pediatrics, 2011.
 9. Zahra, S., Monireh, A., Easa, M., & Susan, P. (2015). SUCCESSFUL BREASTFEEDING MOTHERS' EXPERIENCES OF THE DIFFICULTIES OF EXCLUSIVE BREASTFEEDING. Acta Medica, 31, 1479.